

# Child's Food Package



**Cereal - 36 ounces**



**Eggs - 1 dozen  
(medium or large)**



**Juice - 2 containers  
(64 oz plastic)**

**At the store - PICK 1**



**Peanut Butter: 16-18 oz jar  
Dried Beans: 1 lb  
Canned Beans: 4 cans**

**At the store - PICK 2**



**100% Whole Wheat Bread: 1 lb loaf  
Brown Rice: (14-16 oz bag or box)  
Whole Wheat or Corn Tortillas: 16 oz**

**\$8 Fruit &  
Vegetable  
Check**



**Milk - 4 gallons  
(Cheese - NONE)**



**TF1**

**CF1**

**OR**

**Milk - 3 gallons  
Cheese - 1 lb  
Evaporated Milk - 1 can**



**TF2**

**CF2**

**T pkg: 1 year old - whole milk; Evaporated Milk**

**C pkg: 2-4 year old - skim, 1% milk; Fat-free Evaporated**

Nebraska WIC Training Program  
F/V check increase to \$8  
Updated 8.29.14